

Informant:	LMP-S4	Spanish
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S4: ...Santeria some things made of wood other things made of flagstone and some of porcelain, little tools, many things they have they bring from New Jersey.

CH: Is there a wholesaler here on Slauson you said?

S4: Here in Huntington Park and the owner is a Tambolero (sp.??)

CH: ???

S4: Yes, it's all his and what is not from Miami is from New Jersey or New York

CH: I did not know that. I have to see about talking to him

S4: Mike is the guys name, he's young, have you seen him play?

CH: I think I have.

S4: He's white Cuban guy, always wears a beard

CH: he has a mustache?

S4: yes, usually a mustache or a beard

CH: I think I've seen him, I haven't met him personally but I have seen him, he plays the Bata, I think that he played in the ?? Lazaro, Lazaro who's home is in East LA,....

S4: The best singer that I've ever seen here of Palo or Santeria is Lazaro that man, he wears a beard and he's kind of black...

CH: I think I know him too

S4: He has a voice that almost everyone is in agreement even for those in Miami and New York that he is very good for the singing

CH: Lazaro Gala??

S4: My godfather sings very nice, but his problem is that he does not like to do it, so he has this thing about people listening to him or looking at him, but at mass he sings, and the curious thing is that they have all these songs in their heads he remembers them all, how does he learn and retain so much

CH: yes, there is a lot, because I can only sing the chants when they are lead correctly, like when they say thy chant and then they pronounce it right, then I'll sing it but if not I

get confused and I don't remember them, but Lazaro is a great musician and he gives classes on how to sign the songs

S4: When I realized that a ?? lived in his home, this is many years ago over there by Hollywood, I don't know if he lives around there, is that right in Hollywood where he lived?

CH: I don't know, I think maybe

S4: I remember it was somewhere like in Los Angeles before Hollywood starts, but I do remember that it was a street that crosses Hollywood Blvd, but at a point where it had not forked out, and I think the Santa Monica or Sunset, I don't know which one, they come together and they are born from there and they fork off

CH: I think it's Sunset and...

S4: Santa Monica

CH: Yes because there is a part

S4: A 'Y' shaped thing?

CH: Yes

S4: I remember that, he was the one that cut my hair off when I became a Saint because they do a ceremony on your head and since it was two of us that did it that day, the ceremony leader could not do it so he had to do it to me and a different guy on the other guy

CH: Lazaro

S4: Yeah, I remember that his voice was very, there are sometimes that the lyrics or the song have...they like ascend, as a spiritist you can perceive it because you can see a person reach the same letter...

CH: The same letter?

S4: There are some people that even though they reach that letter you don't feel that same, there is no perception in you there is just something in your ear, but when it's something spiritual, whether it be Santeria, Palo, something else moves you

CH: It's rosemary Juanito would say...

S4: I liked how he sang, I liked a lot because he was also playing the 'Cajon' (sp.??) because I had never heard it

CH: Yes, he's very strong in playing, very strong he plays, as if he put all his energy, he gives 100%

S4: And the American ?? is not initiated right?

CH: No

S4: Because I didn't see anything on him to suggest it

CH: No he is not, he plays for a dance company that I'm in, the company I am in is Yoruba from ?? and he plays for that and he is professor too,

S4: Because there are some things you see in people and in him I saw nothing and what's even more curious is that in the drum, the only people that took offerings were the Professor and your friend, no one else took anything, just them, and I was telling that to my godfather about that, because we call you guys "Aleyos" (sp.??) which means a person, not that does not believe but who is not initiated, so I said that the two "Aleyos" that came left this and no one else, and none of his daughters brought anything and this is not for me, you saw the Caldero (sp.??) with the white handkerchief was mine and his was the one with the dark one and so that's where it corresponds to go leave things and none of his left any, except you two.

CH: I have the custom of always taking something to each house I go to whenever I am invited, because that's how my mother taught me and also because my boyfriend is Puerto Rican and he always tells me that you cant go to a party without taking something and also with the professors we also have an understanding that whenever we go to a party or somewhere it's part of the respect to take to something

S4: Yes, I was talking to him about that and he realized that that was what it was, even though that I had put some in, well because I'm the one that incurs the cost, I put in 21 but there were all different types of liquor so I spent hundreds of dollars, because there were 21 bottles and big ones of different alcohols and they are very expensive because if it where all just rum it would be just 10 dollars on each bottle but they were bottles of 20 some and 30 some and 40 some

CH: Yes when me and my boyfriend have parties we've spent much money on liquor and the money is spent quickly with those bottles

S4: But does he practice this?

CH: Uhhh

S4: Parties, you mean just regular one?

CH: Yeah, just parties where they play rumbas and salsa, not of saints

S4: sound normal, many Puerto Ricans use this a lot

CH: His mother I believe was a Santera

S4: But there are sometimes they are not they are just spiritists and it's more like they deal with spirits, see and hear things and they work for their people

CH: His grand-mother I meant, she was a Santera but she died and all that tradition died with her nothing was taught to him

S4: Because in you apartment complex, I have an acquaintance, I don't know if you have seen him or know him, he is like Argentinean, he has a Botanica on Hollywood on Santa Monica Blvd., called "El Congo Manuel Charlie" you know him?

CH: Yes, I've heard him mentioned but I don't know him

S4: He is going to start teaching at UCLA too, I think he is in that department of Folklore, I think because he is just going to start, I was talking to him the other day

CH: Yes he's a friend of Sammy and Professor Consentino that came here, I've heard talk of him but I don't know him personally

S4: They confuse him for being Cuban but he's Argentinean

CH: Yes, I know we are talking about the same person because last time I asked where he was from and they told me he was from Argentina

S4: He has a lot of clientele but from the "Jarandula" (sp.??)

CH: what is that?

S4: Art world...I've seen those people, in different masses, because when they know you are a spiritist they call you because a mass without someone seeing or feeling anything it is not interesting everyone is just looking at themselves, right?

CH: Yes.

S4: and even worse in his because he does not sing in his, it's even more boring because even in the ones where they sing is boring, at least there you can hear the song and follow it, but not him, and I've seen many artists there with him, famous ones I've seen three and not so famous ones I've seen about 5 and they are his godsons, supposedly the actor Forrest Whitaker is his godson, supposedly he made him a saint

CH: I didn't know that

S4: And other artists I saw there from channel 13, that's the one where they give a lot of black shows right?

CH: Yeah

S4: KCOP, they give a lot of those shows, you know those ones where they are climbing and popularity and then not kind of, well from those I've seen about 3, and I know because I would ask where the girls were from, because they looked like models, very tall and beautiful, and they would tell me what show, so you know they give the air that they are stars and also by the cars they drive because they had very expensive ones

CH: There is a lot of popularity in the Santeria religion, also if they are part of it the people don't go around talking about it, it's different from someone who is Christian, where they say that they, it's different, like different culture

S4: What Santeria has also is that they mix...they allow you to be catholic and that's why many people don't say...I never say that I'm a Santero, never, never, because I see it as being more a part of my spirituality but when people ask me what religion I am, I say am catholic, because all Santeros considered themselves Catholic

CH: Yes, I've noticed that

S4: and since they don't see Santeria as being something super organized, that might have some order or situated or it's place, that's where one says if they are or not a Santero. There was a time here where they were going to prohibit the certification of animals, in 90 or 91, where there was a formed a church of Santeria in Pasadena, at first we would all go but then I don't know what happened, if fell, but there was a big temple...

CH: For all the practioners?

S4: And it was of Santeria, it was where we were reuniting to see how we could fight that, because it was the Councilman...I don't remember which one but he retired some time ago, Alatorre or Delattorre

CH: Alatorre

S4: One of those politicians

CH: He retired because of some problems with drugs and some other things

S4: No, Alatorre a Mexican-American

CH: Yes

S4: Well, he at that time came out with that, he did not want that to enter into the Los Angeles area or the incorporated areas, the whole thing about killing animals because that was unsanitary or whatever, and when the police would catch people with all that then they would arrest you and then they did not know what to do with you because there were no codes or ordinances so what they would do is let you go and he was the one that started all that and because of that a church was organized and they wanted to organize like in specific place, for example in the Chinese neighborhood, because they permit the killing of animals there, because you go to the Chinese neighborhoods and you see them killing and plucking chickens and they sell it to you, so they wanted a kind of permit to be able to do that in that same place and so that it was legal. But after awhile that all fell, but many people would convene there

CH: But now you can sacrifice animals wherever you want, or not?

S4: Now in days, I think so, but I'm not sure about the law

CH: Me neither, but I heard something that it is permitted

S4: I think there is a limit also as to how many animals or how many times, something like that

CH: Probably something like that, but I do believe it is permitted

S4: What always has been illegal is to have in your possession animals that are very exotic and in Santeria if you have noticed we use a lot the animals that are exotic, like the tiger is used a lot, and there are those that have to use amulets with tiger's hide, some have to use amulets made of tiger's fang, or the claw, or others have to use a lot the owl or the vulture, animals that here are protected here and that is complicated as to how to utilities them or to get them in the country or sell them or...so it's a bit complicated

CH: but ?????

S4: Yes, because it's a domestic animal, they are under that category

CH: OK, I wanted to continue and ask you about your recommendation for Insomnia

S4: For that the most commonly used is 'valerian root' (valeriana), it's a root that is taken in tablets and in extracts, in drops, in the past it was just a bulky root that you would boil and serve and drink the water

CH: So when you have recommended it, when you have heard of your clients, has it been a type of herb or...

S4: They prefer a product that they can take in their pocket, for example, a glass with 'valerian' extract where they ingest 20 to 30 drops in a bit of water or juice or tablets that are 500 mg of that herb and they take about 2 for each occasion they need to take that, because typically they take it at night, but also for help are an infinite amount of herbs like, '' (upulo sp.??), '' (asar de naranjos), '' (flor de manita), 'chamomile' (manzanilla), 'linden tea' (te de tila), those are the most common, sometimes there are combinations of these herbs so that the mix or the formula be more potent, in order to sleep

CH: If one where to make a cup of tea, is there in those little tea packets, does it say how much should be used, does it have a measurement?

S4: Never because it depends on the person's situation, normally if the person has a small problem then the medicine will take quickly, usually one tea spoon, the little ones, for a cup of herb or water and when it gets more severe, you use a soup spoon which is big for the same amount of water

CH: OK, for insomnia?

S4: Yes, and at the same time since it is for insomnia, when you drink it in the day it helps to relax, for people that suffer much from anxiety or nerves or hyperactivity, I've seen people give it to kids when they are hyperactive and it relaxes them, it has a sedative effect and when they drink it in big quantities is when they are going to sleep

CH: So during the day it does not necessarily make you sleepy but if you drink it adequately and not make it strong it will just relax you

S4: Yes, but it's good when you don't go to work or you're not going to do much just to see how one feels with it, so you are not falling asleep in class or at work, so that you can see the strength it has, but always measuring it and taking it with precaution

CH: Do you have any recommendation for 'Arthritis' (arthritis)?

S4: For that you use an herb called '' (Acsocopaque sp.??)

CH: I've never heard of that

S4: They're the leaves of a tree and there is another one called '' (Matarique sp.??) that one is a bark but sometimes a root, and for inflammations 'wolf's-bane' (Arnica) is used a lot because it helps and you apply it to the affected area which would be the finger joints, these here, there are some people that do it on their backs or hips where ever they have that problem of rheumatism (rumatismo) and they do it in poultice and warm

CH: When you speak of poultices, how are you to prepare it?

S4: You prepare the herb by boiling the herb in water, in not too much water and once warm you put it gauze or towels made of cotton and you apply it

CH: And those herbs, can you take them in a tea also?

S4: No, you drink it, all these you can drink but the one best on the surface is 'wolf's-bane' (arnica) the rest is believed that when drank will lower the acid in the blood and in the joints and by doing that it makes there be less pain and less acidity in the body but not in the stomach but in the blood which is what provokes certain pains, there are some people that take an herb called '' (angelica), because it is believed it contains certain natural amino acids or steroids that are like cortisone and I believe that they have discovered that it is the same chemical make up as cortisone and it helps with inflammation

CH: So these plants cure arthritis?

S4: No, it just helps with it, you are not cured, the problem is not eradicated but it's simply going to make the problem dissipate

CH: and if the person is taking some medication for arthritis and they try to drink the herbs as well, will they get a positive or negative effect?

S4: Negative-no, it will be positive, there will be a difference or change...there are very few herbs that have been said to cause secondary effects when you take them with medication, for example, there is said that the 'golden seal' (cello dorado) that is taken a lot to purify the blood and urine, it's the herb that people use to detoxicate themselves or to eliminate their body of marijuana residuals, or drugs or alcohol, it is believed that other

chemical substances will not be allowed to stay in the body like, contraceptives, antibiotics, vitamins, it is believed that it will make the body get rid of it, so that's when you have to have precaution, whether they are detoxing ones or diuretics, like the 'shave grass' (cola de caballo), 'roselle water' (agua de Jamaica), 'golden seal' (cello dorado), herbs that you will give you a diuretic effect

CH: OK...do you have any recommendations for 'bumps on the skin' (granos)?

S4: When that occurs it is believed that there is a problem with the digestive apparatus, because it is believed that there is filth or obstruction in the liver and it is believed that the intestines are not to clean, so you always give them things that have the effect of a laxative, it is believed that 'boldus' (boldo), the leaf of that tree can clean the liver of a person and so by cleaning the liver then the blood will be cleaner, because you know the liver cleans the blood, so if your kidneys and you liver are in good health, take a diuretic and the 'boldus' (boldo) to clean the liver and the blood will be much cleaner and the skin does not have to have those irritations, it's also believed that taking an herb that cleans the blood directly, for example, '' (equina roja), it is believe that the bark of that tree will fortalice the blood and clean it, taking the 'golden seal' (cello dorado), anything that is a cleaning for the digestive apparatus and of the blood will correct problems of the skin, the only time when it is believed it will not work, is when, the problem is hormonal that if by taking contraceptives the woman has developed acne or if by hormonal changes in life like menopause in a person, like that, different changes but unbalances that are normal in a person, if there is a going to be a problem with hormones it is believed that the herbs will not be able to do much

CH: So for when someone has...well when one is taking contraceptives

S4: you develop acne, the person because of this, will not be helped much, even though they might try it and may help some, but when it is a hormonal problem then you attack the problem on the surface, applying a poultice or with sponges or with anything that might be very clean, use it over the skin, they use 'Romero' (rosemary) a lot because it is an astringent and what it will do is take away bacteria, excess grease in the pores, they also use 'marigold' (calendula) which are these little flowers, which is what helps so that the skin is not irritated, the 'rose buds' (rosa de castilla) to counter irritation, excess of grease and bacteria

CH: And so it would be also for adolescents who are having trouble with their skin?

S4: Yes, because of their development from girl to lady or from boy to adolescent, so we see the same thing as with a woman with a contraceptive where they cause them effects in the skin, women who enter into menopause or different things that are hormonal, it is believed that the best way to treat the problem is on the surface

CH: So could you mix 'rosemary' (romero) with 'marigold' (calendula) so that it could have the same effectivity?

S4: No, it's most effective if the skin is cleaned with what is going to be used and then apply the 'rosemary' (romero) the same as if cleaning the skin, ??? giving another pass with 'rosemary' (romero) and then at the end you use the 'marigold' (calendula) and that's to refresh the skin and not...to balance the acidity in the skin

CH: yes, and about how many times a day would the person have to do this so that it go away?

S4: Typically 3 times a day, but people wont be able to do it in the mornings and nights, ideally it's 3 times a day.

CH: And do you know how long this treatment should last to have results?

S4: Regularly, 2 to 3 days, you should see the skin responding and the affected area is dry and is beginning to scar and to look less greasy, it has to stop the growth of 3 to 4 or 8 or 10, so that it reduces and you avoid the growth, because always acne...will, will, if there is one then that will promote others, because the very same bacteria will go establish itself, running from one section of the skin to the other and all that can be avoided and it begins to dry, all those eruptions in the skin

CH: OK, have you heard of "Tacotes?"

S4: No

CH: 'Boils'

S4: Yes, I have heard of that

CH: What do you call them?

S4: I don't remember what they are called, oh 'Fuegos'

CH: Fuegos, ok, I'll write that down,

S4: Usually you get that on the lips and inside the mouth, when that's the case the person has to gargle with many things, it's believed that...it's not an herb but it's a mineral called, 'rock of light' (piedra de alumbre)

CH: The white one?

S4: The white ones, it's believed that that diluted in water, about a spoonful of that dust, or the equivalent to that in a glass of water, the water becomes thick after it has diluted in the water and you rinse your mouth with that and makes an effect like the 'rosemary' (romero), like an astringent but the mouth feels, like if something is tightening and so it provokes that it begin to not to break but it looks like it is being contained in one place and it can not expand, it acts as if it were iodine, like it will work as an antiseptic and then to soften the mouth or to make it heal, because the 'rock' (piedra de alumbre) strong as if it were alcohol it does not cure, it just kills microbes, bacteria when rinsing with 'rosebuds' (rosa de castilla) sometimes it is recommended you continue after you have rinsed your mouth with the 'rock' but always leaving some time in between, like a ½ hour, to allow that the other one to work

CH: So, the 'rosebud' (rosa de castilla) helps how?

S4: It softens only, it softens the skin and removes its acidity, the irritation that it will provoke or the sensation of spiciness left in the mouth

CH: You have tried it?

S4: No, but I do know that sometimes their mouth does sting after that with that, but not to the degree where it is intolerable, it just simply like eating something spicy and kind of stings you, that's what you feel in the affected area or on the 'boil' (fuego)

CH: I asked you about how you had learned so much about plants and you gave me an explanation, but I wanted to ask you again, to have it on record

S4: Well, the majority of the things one knows is from people who have used them themselves, you look for an herb and if you don't have it you ask if there might be another one of use and that's when they tell you of the remedies they have used it for, because if you cant find what you need you have to use something that might work in its place, that's where they tell or they tell you right away other things that they believe that can be of use, or things that they have heard of things working, so the best recommendation is the client who has used many different things himself

CH: And that's how you have learned a lot?

S4: Or the same, some people will tell you that this herb has helped me with this problem, for example, for headaches (dolor de cabeza) many people have told me that 'rosemary' (romero) helps with their migraines and for frequent headaches and other people have told me that they tried to take it but they got lots of gastritis or acidity and they got rid of the headache (dolor de cabeza) but they got other things, so there are some people that will have secondary effects just like with any other medication

CH: So that's important because when you give the recommendation then you can tell the person what might happen

S4: yes, give them a heads-up of maybe they should have at hand some type of anti-acidity thing so that if they feel that then they can take it

CH: And for '' (mesquinos)? Have you heard of that?

S4: Yes, I know what that is, but herbs or herbs, what I have heard is that they help little but it does not cure is the use of the 'garlic' (ajo), yes natural one. So they use a clove of garlic that is not diced with a knife but crushed so that you can make like a paste of the garlic (ajo)

CH: ???

S4: Yes, and you apply it directly to that

CH: OK, have you heard of secrets to remove '' (mesquinos)?

S4: There are many beliefs that say that you must use a frog, not a slimy one but one with bumps on its body, ??? with that animal which is good

CH: Alive or dead?

S4: Alive, but those are beliefs where you don't know if that works or not, I've had people that, in our culture we use the belief of 'evil eye' (mal de ojo) a lot, that you have an itch in your eye, that someone looked at you and he thought you cute and he bewitched you or did some effect on you, aside from what people say about doing limpias with eggs (huevos), they also say with the tail of a black cat, and they put on their eye and that relieves it

CH: Alive or dead cat?

S4: Alive

CH: So, ???

S4: Yes, you pass it on the eye that is pulsating or that is believed to be closing because there is a lot of itchiness, but typically it is a bacterial infection, because it happens more to women than men, because of make-up and all that

CH: Is there a recommendation of herbs that could help with problems of the eye?

S4: I know that 'rosemary' (romero) is very good, 'chamomile' (manzanilla) the 'rosebud' (rosa de castilla)

CH: drinking a tea?

S4: No, apply it to they eye, I know that there are people that dilute lemon drops in water and you apply that in the eye, but not direct drops to the eye but diluted in water, because it's to acidic if not, it will hurt

CH: And for 'warts' (verruugas) have you heard of something?

S4: No

CH: For '' (salpuyido) or for 'eruptions in the skin'?

S4: Commonly they say, 'oat' (avena) is good in naturism, the raw oat and it's believed that you should apply yogurt but that it not have nay type of flavor or anything, just be natural, also it's good for sun burns, or for any burn with oil or anything on the skin

CH: And how much 'oat' (avena) do you use? DO you apply it raw and dry?

S4: Raw but mixed with milk, but not cooked or warm, just cold

CH: About how much 'oat' (avena)?

S4: It has to be thick, usually a cup of it and you add a 1/3 of it, or maybe the half of the same amount of milk, so it can have a consistency that is thick

CH: Like paste

S4: Right

CH: For cuts?

S4: To cure cuts, I know of this herb called ‘’ (manso), it’s just like the bark of the ‘’ (tepescuite sp.??), that I do know that induces the skin to bleed, to scar

CH: You put the bark of the ‘’ (tepescuite sp.??) directly on?

S4: Yes, you get it ground up, finely as if it were not sand but like flour, you can apply that directly to the cut and also which is preferable if it boiled and you put it in poultices

CH: If you boil it about how much of that would you have to use to...?

S4: Typically you make it really concentrated, for example, you use for one regular cup of boiling water you use 3 to 4 spoonfuls of the pieces of the bark and of the root, you can mix them together or separate them and use them

CH: And you apply it directly to the cut?

S4: Yes the one you want to heal, I know that this treatment many diabetics have used it with problems of the feet, because of their diabetes problems and their feet don’t heal they use it a lot to clean and they use ‘wolf’s-bane’ (arnica) to clean the wounds, they use ‘iodine’ (yodo) things that are conventional to see if they heal on the feet.

CH: And to clean ‘wounds/sores’ (llagas)?

S4: Typically everything that is an astringent, ‘rosemary’ (romero), they use the ‘rock of light’ (piedra lumbre), they use ‘wolf’s-bane’ (arnica), all of this is hot, should be hot as hot as the skin can take

CH: So they make a tea of all this?

S4: Yes, concentrated from one herb of the ones I mentioned or all together and that they proceed to wash it, the belief there is to use a lot of salt when they clean wounds, it is believed that the salt will clean

CH: So put salt to that water?

S4: Yes, and it does work because the salt contains ‘iodine’ (yodo), that’s what’s actually helping

CH: About how much salt do you need?

S4: The same as the herb, 2 or 3 spoonfuls of it

CH: About how many times would the person have to apply that so that it heals well?

S4: On the wounds, usually twice a day, AM and PM

CH: And for cuts it would be the same?

S4: Yes, because all of that needs to be covered in gauze not uncovered, because if it is exposed to the elements dust or anything dirty can fall on it, so it should be covered

CH: If in the case the wound is infected is there something that could be more adequate for that?

S4: The same treatment but it's recommended for 3 times a day but not to use that as the only treatment, it's not recommended they only rely on that especially when there is an infection present

CH: And for scars (sicatrisas), is there something you can recommend to remove them?

S4: It is believed that many oils, for example, the herb I mentioned 'rosebuds/Castilian rose' (rosa de Castilla), it is believed that in the form of an oil, oil of rose, it can provoke an effect that it will soften the skin so much that the scar erases itself, but it has not been heard of a lot where people say that this works, they use home remedies a lot, they will apply to themselves 'virgin wax' (cera de virgen) on the skin, they put on all types of vegetable type oils, like 'avocado oil' (aceite de aguacate), 'mamey oil' (aceite de mamey), 'cotton oil' (aceite de algodón), basically all the oils that exist, they say that it will help with scars or for wrinkles but in reality there is very little evidence that they really work, because they don't tell you directly, like this oil on the face and it helped me, what you do hear a lot is the 'rose oil' (aceite de rosas) which is the efficient one or the best for wrinkles

CH: OK, so the oils are good for ????

S4: But they are derived from natural plants

CH: You have oils (aceites)?

S4: Yes, I sell them

CH: The people buy them a lot?

S4: Yes

CH: For 'bruises' (moretes) is there something that takes away internal pain of them and that also help to take away the purple ness of them?

S4: For the purple ness it's always 'wolf's-bane' (arnica) because it will take the inflammation away and it will take away the blackness of the skin and for internal pain, things that you drink there are not, what many do is to apply heat to the area that is affected

CH: Like putting on towels or something like that?

S4: Yes, usually they put on some pomade that is very hot and made of petroleum, that contains lots of 'camphor' (alcanfor), so in other words something very (ventulado sp.??)

CH: And that helps with pain?

S4: Yes

CH: Do you have any recommendation for back pains (Dolores de espalda)

S4: They use 'oils' (aceites) or pomades (pomadas) but they have to be mentholated or camphorated, for example there are certain pomades that are of 'camphor' (alcomfor), there are pomades that are made of mint (menta), eucalyptus (eucalypto), they use this because it's very aromatic

CH: and that penetrates

S4: Yes, but on the regular it's not on the surface of the skin, they don't put it on as if were a cream on hands or face, they apply it by rubbing it in like a person knows how, in circles, top to bottom, rubbing it, so they don't apply it quickly but give a massage with it, provoking the circulation of the blood and it's believed that the pain is caused by some type of nerve that is out of place so they try to see how they can relax the nerve or that muscle that is tense or rigid, so they are herbs but using them in pomades or oils

CH: And so these herbs already come in pomades?

S4: Yes, all that is mentholated, the mint (menta), camphor (alcamfor), eucalyptus (eucalypto).

CH: OK, for insect bites? In other words, bites from ants (hormigas), mosquito (zancudo), any insect?

S4: It's as if it were any other type of bruise, they use 'wolf's-bane' (arnica) or 'rosemary' (romero) or 'rock of light' (piedra de lumbre) that are astringents that help to clean and they use salt in that as well in the liquids that they make in poultice and there are people that apply directly to the area (sal de sasona sp.??) which is any type of salt used to make meat soft

CH: In order not to have an infection?

S4: I don't know what reason behind that might be but I do know that the 'softening salt' (sal de ablandar) is used a lot, for insect bites

CH: For hair loss?

S4: They use...well when they believe that there is an excess of grease on the cranium they use anything that is an astringent, again the 'rosemary' (romero), again 'eucalyptus' (eucalypto) everything that is mentholated and is aromatic

CH: When someone has a lot of grease...

S4: If it is due to an excess of grease in the hair then you use those, also in the form of an oil you use...what provokes or stimulates hair growth is 'mamey bone oil' (aceite de hueso de mamey) {note: hueso or bone is sometimes used as a name for the seed} It is believed that that oil will induce or provoke the growth of hair

CH: And if one has the scalp that is greasy but the person is not sure whether is really is and they use the 'mamey oil' will they get some negative or positive effect?

S4: It's believed that the oil will be placed directly in the area where you wish the hair to grow, so it has to be in area without hair

CH: So if you have the area a bit greasy and you...

S4: it's not believed it will cause a bad effect because the oil is not animal based, so it's a vegetable oil and it's believed that the body will absorb it as if it were some 'almond oil' (aceite de almendra) on the skin, to make it much more docile and not greasy

CH: OK, and when someone, for example, has cut themselves and bleeds a lot and they wont stop bleeding, do you have some recommendation for that?

S4: It's believed that whatever cures the skin is to cure cuts and lesions, so it's the same herbs, '' (manso) herb, '' (tepesquite sp.??),

CH: And that's also for the stopping of blood?

S4: Yes, because it induces an open wound to close, it's as if it was not a wound but a cut, whether it be a cut or a wound it is believed that it will help to cure

CH: Do you have some recommendation for 'heart problems' (problemas de corazon) or 'high blood pressure' (alta presion)?

S4: For 'high blood pressure' (alta presion) is recommended 'olive leaves' (ojas de olivo) and also and herb called '' (espino blanco), it's a tree.

CH: You cook them together?

S4: Together or separate you can make it.

CH: (espino blanco) is a leaf?

S4: It's like 'rosemary' (romero) with leaves that are very thin and look a lot like little pins, very fine

CH: and so the two herbs you just said are made into a tea?

S4: Yes, in cookings and also in what is all that has to do with relaxing a person with stress, you use then 'valerian root' (valeriana), '' (siete azares), 'chamomile' (manzanilla), '' (atila) all in addition to what I mentioned is the most important, '' (espino blanco) and the 'olive leaves' (ojas de olivo) and the olive is proven, by many scientists, that it's oil is the best that can be used to eat because it lowers certain levels of cholesterol and is very good for that heart, that's why they are used

CH: And about how many leaves would you say are used to make a tea?

S4: Depends on the size and the presentation of the leaves, and if what you are buying is already encapsulated then you take the milligrams which are recommended, and if it comes loose then whatever fits in a spoonful, not a small one but a big one

CH: And for 'problems of the heart' (problemas del corazon) you don't have anything?

S4: What I mentioned, for high blood pressure is that, and for other conditions, for example when there are 'murmurs' (soplos/note: literally means 'blows', like someone blowing air), we have nothing for that, when the valves don't work well, we don't have anything for that, when the problem with the heart is that it's too big for their age, there is nothing for that either, so only certain conditions like high blood pressure...

CH: And when the person has 'fatigue' (decaimiento), where they feel tired or...

S4: When there is little energy it is believed that you must nourish the cells in the body, for that you give 'alfalfa/lucerne' (alfalfa), because it nourishes very much the cells of the body and many things that are marine, like 'algae' (algas), there are people that make soup of that in Asian places, or there are times where they just make it boiling it, because it's nourishing and nothing secondary comes with it, the use of the 'honey' (miel) because it augments the glucose in the blood and there is more energy, it is believed that the 'bee pollen' (polen de abeja) can give you a lot and if they drink 'royal jelly' (jalea real) which is a type of bee's honey

CH: Yes, my mother gave us that, about how many times a day would they have to take that?

S4: Depends how bad the person is, you could drink that four times a day without a problem, because it's nutritious, they are nourishing their body with marine things, with alfalfa, with spoonfuls of honey (miel)...

CH: Just honey (miel)?

S4: Yes

CH: Big or small?

S4: Big usually, accompanied by the teas, or many people just prepare them in soups

CH: And the use of alfalfa for a...

S4: and if you find it fresh then you use a handful, typically skinny, you can puree that and drink it fresh, if it's dry then boiled

CH: And when you puree it do you just use a cup of water just like....

S4: you could use more so that the flavor could be less in the water, there are people that make it like fresh water, that just the leaves and not the stalk, they puree it with water and they sweeten it and that's what they drink and that's what is believed will nourish the cells of the body

CH: Is there some tonic for the blood, to have strong blood?

S4: They use ‘’ (akina roja), also the ‘walnut’ (nogal) the leaves of the ‘walnut’ (nogal)

CH: The leaves?

S4: yes, the tree is called (nogal) and you use its leaves for the blood

CH: and you prepare it in the form of a tea?

S4: Yes

CH: Can you prepare them together?

S4: Yes

CH: About how many times a day would you have to take it in order to have strong blood?

S4: Normally, after taking it 2 or 3 times a day on the third day you feel some change because by then the body has begun to absorb well and there is consistency in the organism that that is being ingested

CH: Do you have something for anemia (anemia)?

S4: For that they use, aside from...well mostly not herbs but definitely sustenance, because you have to raise the level of iron and for that we use beans (frijoles) a lot, also (vetabel sp.??) and the beans (frijol) can be any kind, black, white, pinto, red, as long as it's a bean it will contain a high iron content

CH: What is (vetabel sp.??)?

S4: In English its ‘beets’

CH:OH

S4: They are red, red

CH: Yes, my mother used to give that to me

S4: And you can have them canned or fresh, and fixed whoever you want and it helps the same

CH: So this is more a part of diet than a recommendation of herbs?

S4: Yes, because they continue to be herbs but they are things that you don't buy here, you buy them in a market and is still a vegetation and since they are plants that come from the earth, from the dirt, that is where they get that iron to rehabilitate the blood, ‘bee pollen’ (polen de abeja) is also good for anemia

CH: I'm going to ask you about 'menstrual pains' (dolores menstruales), when women have them a lot...

S4: Yes, for that we use 'chamomile' (manzanilla) a lot, you use an herb called, (alcachofa sp.??), 'mint' (menta), 'spearmint' (yerba Buena) and to treat the hormonal situations it is believed that, 'angelica' (angelica), an herb called (garanyona sp.??) that will work so that the problem not continue to happen, but for the symptoms like colics and cramps, that's what I already mentioned (alcachofa sp.??), 'mint' (menta), 'spearmint' (yerba Buena)

CH: Can you mix them?

S4: Typically it's not necessary because on the regular with one cup of 'spearmint' (yerba buena) tea you feel the change within the hour so it's a bit fast, what does take a while is when you attack the hormonal problem, which for that you use 'angelica' (angelica), (garanyona sp.??), that takes about 3 to 4 days to see some change but by then you're treating secondary effects, what is mostly going to bother you is pains and discomforts and for that it is recommended 'mint' (menta), 'spearmint' (yerba Buena), (alcachofa sp.??), herbs that will attack the problem with acidity, cramps, pains, but what all that is producing is hormonal situation and in 3 days you see the changes after taking 'angelica' (angelica), and (garanyona sp.??)

CH: OK, and when women have, I have to say this right, because in English there is a name for it but in Spanish I don't know it, when women have depression or when they feel bad and then not so bad the next minute one moment mad another sad, like different emotions because their period is on their way, depression and anger, in English it's called PMS, but in Spanish I don't know if there is a name, is there some recommendation for that?

S4: You use, well it depends on the symptoms they get, if for example they get anxiety (ansiedad) they take things to provoke a sedative effect like the 'valerian root' (valeriana), the 'linden' (tila), 'chamomile' (manzanilla), '' (siete azares) to provoke the person come down from that anxiety, if what they have is irritability then you do the same, if what they have...if they last along time with this, then when they feel something weird then the drink the herbs for the hormones 'angelica' (angelica), and (garanyona sp.??), (damiana sp.??) and so they attack the situation by way of the hormone and depending on the symptom you develop is what you will have to take, if you have to much water, take a diuretic, 'shave grass' (cola de caballo), 'corn silk' (barbas de elote), 'bearberry' (pinguica), any herb that will cause the person to do away with all excess water

CH: If you'd like we can end here, because it's been an hour

S4: OK